

## Did you know?

A good breakfast helps to keep your weight healthy.

## Think Healthy!

Think Healthy is a program bringing children and their families simple, kid-friendly information on the connection between eating well and feeling good.



THE Children's  
Health FUND

[www.childrenshealthfund.org](http://www.childrenshealthfund.org)

The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

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# Feel Good About Yourself!

Every person is different and special. Here are some things you can do to feel good about yourself.

## Be nice to yourself!

- ☒ Write down 3 things you do well or that you like about yourself
- ☒ Write down your thoughts and feelings
- ☒ Sign up for after school activities



## Take care of your body!

- ☒ Eat healthy foods
- ☒ Move your body or play every day



## Make others feel good – it makes you feel good!

- ☒ Say something nice to someone else
- ☒ Don't tease people if they are different from you







Breakfast gets an  
**A+!**

## Kids who eat breakfast do better in school!

Breakfast is one of the most important meals of the day. It gives you energy, helps you pay attention and makes you feel good.

## What makes a good breakfast?

Whole grains\* and protein (like eggs, milk, cheese) make you feel full and give you energy for a long time.

## In a hurry?

**Try these quick healthy meals:**

Whole grain\* cereal with low fat milk

Whole grain\* toast with peanut butter

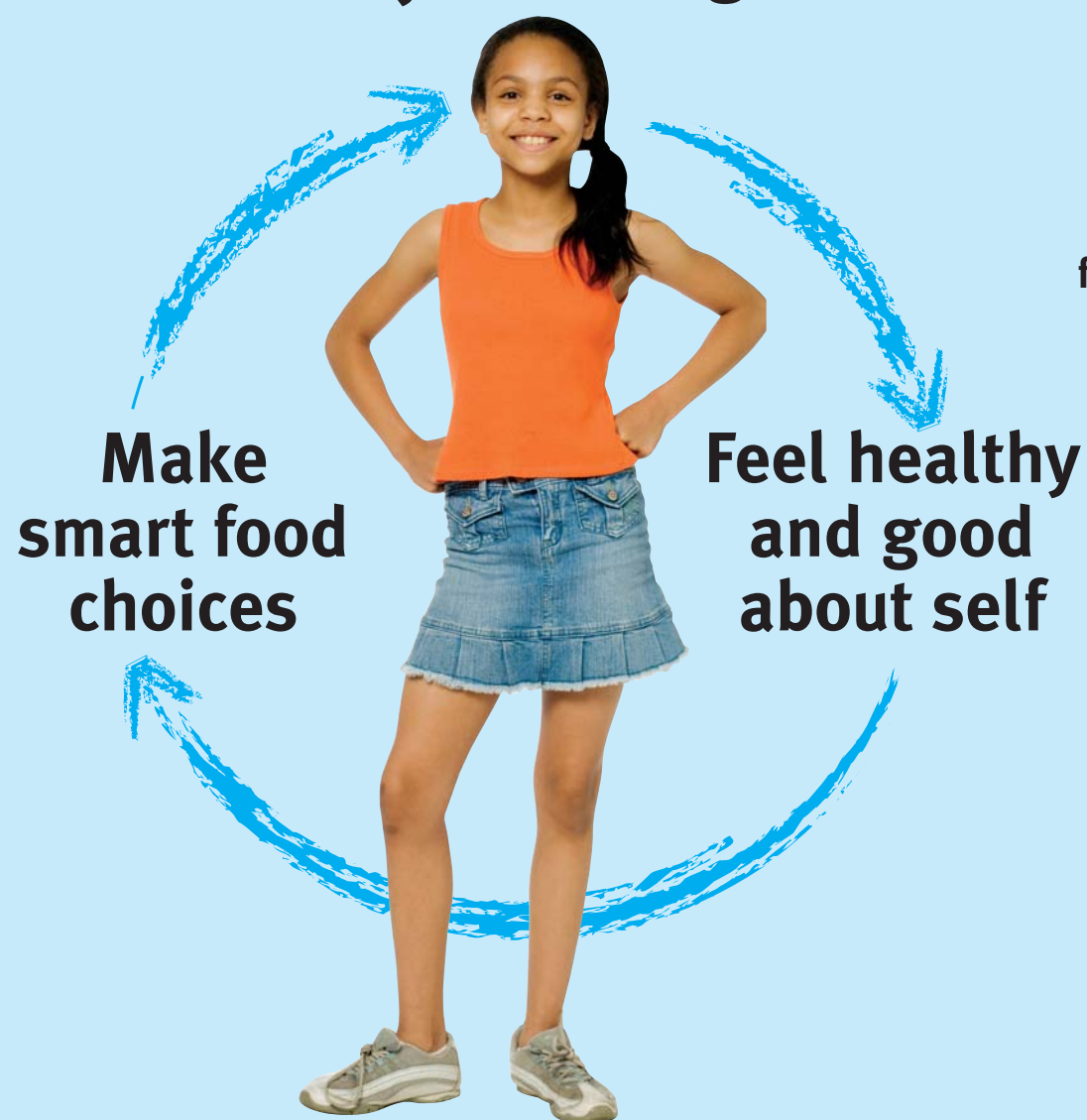
Wrap beans, cheese and salsa in a whole grain\* tortilla

\*Look for words like *whole wheat*, *whole oats* or *whole rye* on the food label.

# FOOD MOOD!

What you eat and how you feel are connected. Choosing healthy foods in the right amounts helps you feel good about yourself.

## Eat just enough!



## Eat too little!



## Eat too much!



## Eat too much sweet food!



**Talk to an adult or your health care provider if you're not happy with your weight.**